

More than 1 hour

Serves 4-6

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Ingredients:

- Salt and milled pepper
- 1.2kg lamb knuckles (or use lamb or beef stewing meat you prefer)
- 3 Tbsp (45ml) olive oil
- 2 onions, chopped
- 4 cloves garlic, sliced
- 1 tsp (5ml) ground cloves
- 1 Tbsp (15ml) ground coriander
- 2 bay leaves
- 2-3 cups (500-750ml) beef or lamb stock
- ½ packet (500g) baby potatoes, halved
- 1kg green beans, trimmed and halved
- Rice, for serving

Method:

1. Season lamb and heat half the oil in a pan.
2. Brown meat in batches. Set aside.
3. Heat remaining oil and sauté onion until soft.
4. Add garlic and fry for another minute.
5. Return meat to pot, add cloves, coriander and bay leaves and stir well.
6. Add 2 cups (500ml) stock, cover and simmer gently for about 1 hour.
7. Add potatoes and cook for another 30 minutes, adding more stock if needed.
8. Add green beans and cook for a further 25 minutes. (There should be plenty of rich gravy, but take care not to add too much stock).
9. Serve with rice.

COOK'S NOTE: Speed it up! Prepare the recipe as above, combining all ingredients in the pot

after you've sautéed the onions and garlic. Liquid should cover meat $\frac{3}{4}$ of the way. Cook in a pressure cooker for 40 minutes. Use canned or frozen green beans instead of trimming fresh ones.